

# Candyce Ossefort-Russell, LPC-S, PLLC

*Psychotherapy*

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## ***2019-2020 INTENSIVE TRAINING GROUP DEEP EXPERIENTIAL THERAPY SKILLS AND THEORY***

***- Weekly beginning September 2019 -***

DEEP (*Dynamic Enriched Experiential Psychotherapy*) is an attachment-based experiential therapy model built on a foundation of depth psychology and AEDP. From there it's expanded to include the latest updates in interpersonal neurobiology; applications of attachment theory, enactment theory, and the polyvagal theory; and existential, humanistic, and body-based approaches to emotion. This intensive private training course translates all this theory into practical application, teaching concrete skills that help you to know "how to be" and "what to do" in the practice of this 21st-century, emotionally engaged therapy. When you complete the course, you'll receive a certificate of completion and a listing on the *DEEP* Training website.

***Lively, engaging immersion in a comprehensive curriculum that includes:***

- In-depth foundational theory of cutting-edge experiential therapy based in attachment theory (a rich clinical and theoretical infrastructure that builds on AEDP)
- Translation of theoretical jargon into English
- Concrete clinical applications of *all* theoretical concepts
- How to embed your current skills—EMDR, SE, Sensorimotor, CBT, IFS or other parts work, etc.—into a depth-oriented attachment foundation
- Existential and depth psychological ideas about the nature of suffering and our role as helpers that provides strong support for the therapist when the going is hard
- Schore's regulation and enactment theory for working with defenses/protections
- Porges' polyvagal theory for recognizing and working with visceral states
- Practical application and integration of Interpersonal Neurobiology
- Extensive emotion theory explication that helps therapists accurately hone in on and regulate clients' emotional experiences
- Integration of body-based theories, including *Sensorimotor Psychotherapy*, *Somatic Experiencing*, and *Developmental Somatic Psychotherapy*, into attachment work
- Harnessing Memory Reconsolidation principles to facilitate deep and lasting changes

***Teaching takes place in a small group environment that is explicitly supportive and encouraging, in order to facilitate:***

- Intensive therapist self-building, so that skills emerge from a solid inner foundation
- Support and encouragement for both new and experienced therapists to risk new skills
- Enlivening and enlightening case consultation and support
- A community of therapists who support and refer to each other
- Integration of the work into your own unique style
- Experiential modeling of the DEEP therapeutic modality (that is, learning DEEP in a DEEP environment)

***Multiple learning dimensions make the material come alive:***

- Participatory didactic instruction
- Illustrative instructor videos of actual therapy sessions, and live demonstrations
- Experiential exercises, collegial-level group process, and case consultation

***Well-organized focus will help you to emerge with both a cognitive understanding and an intuitive sense of how to apply cutting-edge theory to your work:***

- Section 1 – Developing Experiential Therapist Qualities:  
Creating Safety for Client and Therapist
- Section 2 – Foundational Skills: Clinical Application of DEEP Core Ideas
- Section 3 – Working With Protectors and Enactments: When It's Hard to Connect
- Section 4 – Working with Emotion: How to Facilitate/How to Regulate'
- Section 5 – Interpersonal Awareness and Integration:  
Bringing the Therapeutic Relationship Into the Foreground

***DETAILS FOR 2019 – 2020***  
***DEEP WEEKLY EXPERIENTIAL SKILLS TRAINING***

- 2 hours per week; Wednesdays 12:15-2:15pm; September 4, 2019 – June 24, 2020
- Commitment to entire year required; 78 CEUs at no additional cost.
- Group size limited to 11
- \$2450 total; \$245 nonrefundable deposit upon registration, counts as September tuition
- 2 Payment Options:
  - o \$245 per month for 10 months, payable at first meeting of each month; OR
  - o 5% discount if year's tuition is paid in lump sum (\$2328) on or before 5/15

## ***What is DEEP?***

***Dynamic Enriched Experiential Psychotherapy*** is a therapy model that sits on a foundation of depth psychology, builds on a structure of AEDP, and is fleshed out by the latest and greatest in attachment based experiential therapies. DEEP is not a set of techniques or tools. Instead it is a foundational way of being present as a therapist that undergirds any techniques and tools you learn in other trainings. DEEP is:

- **Emotionally Engaged** – DEEP therapists create safety by engaging in warm, empathic, close-in, responsive, affirming relationships from the very first moment of therapy.
- **True-Self Actualizing** – DEEP therapists work from the perspective of viewing clients' painful old patterns through the compassionate lens of best efforts at adapting to their historic and/or present environment, rather than through the lens of pathology. DEEP also builds on and celebrates *what's already working* and delights in clients' expressions of true self. And DEEP welcomes, invites, and helps with true emotional expressions that have often been feared for a very long time. This (often surprising) sense of being seen as worthy of being cared about, helped, and celebrated invites clients' true selves to emerge, heal, transform, and flourish.
- **Transparent** – In DEEP, each interaction with clients comes from a place of supreme respect, openness, and honesty. Therapists show up with inherent authenticity and transparency, creating a nonjudgmental safe haven. The work is never manipulative, secret, agenda-driven, or condescending, but rather relies on clarity, science, realness, and direct explanations for its effectiveness.
- **Immediate** – DEEP therapists approach each session with a profound, in-the-moment focus. By honing in on each and every second with intention, you're able to initiate and facilitate a healing *experience* that goes far beyond the surface. Keeping tabs on nonverbal, bodily emotional experience and other right-brained avenues of communication, and focusing directly on the relationship as it unfolds in the moment, brings depth and meaning to your sessions and mindfulness to your words.

## ***About Candyce:***

- I'm a clinician, trainer, writer in private practice, and I have actively lived, studied, and trained in psychological, spiritual, and scientific perspectives of suffering and healing for 27+ years.
- My style is warm, real, and emotionally engaged, creating a safe and connected atmosphere for growth and learning.
- I have extensive experience teaching and working with individuals and groups from an attachment-based perspective in the areas of trauma, grief, life transition, depression, and parenting.
- I continue vigorous professional study on an ongoing basis, and continue to keep all courses up-to-date with current research.
- I was a faculty member for the national AEDP Institute for three years.
- I trained and consulted for more than 5 years with AEDP founder Diana Fosha.

***CONTACT CANDYCE at 512-789-6244 OR [candyce@candycecounseling.com](mailto:candyce@candycecounseling.com)  
to apply or for more information.***